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Sent: Wednesday, March 02, 2016 3:52 PM
To: HSTestimony
Subject: Testimony HB 5440 AAC Medicaid Reimbursements for Diabetes Prevention

**Submitted Testimony
Human Services Committee
March 3, 2016**

Harold Sparrow, President and CEO of the YMCA of Greater Hartford

SUPPORT for H.B. 5440 An Act Concerning Medicaid Reimbursements for Diabetes Prevention and Self-Management

The YMCA's Diabetes Prevention Program is an affordable, high quality lifestyle change program directly translated from the National Institutes of Health (NIH) Diabetes Prevention Program trial, a clinical study that showed a lifestyle change intervention yielding modest weight loss (5 to 7%) and increased physical activity (up to 150 minutes per week) can reduce the number of new cases of type 2 diabetes in adults by 58% and 71% in adults over the age of 60.

The investment the YMCA makes in diabetes prevention in our community impacts not only the health of individual participants, but the fiscal health of our state. In 2012, diabetes and prediabetes resulted in \$3 billion in annual medical costs in Connecticut, and complications arising in just one individual can result in tens of thousands of dollars in medical expenses.

Though this important program is comparatively affordable, as a not-for-profit organization, the YMCA administers the Diabetes Prevention Program with funds from grants and donations, and does so at an operational deficit.

I strongly encourage the Connecticut Department of Social services to apply for a Medicaid Waiver pursuant to Section 1115 of the Social Security Act Coverage so that funding of our program can become more stable and sustainable, and the YMCA of Greater Hartford can continue its efforts to improve health outcomes in our community.